



The Spoke'n Word



April, 2018



Riverside Bicycle Club

Founded in 1891 P.O. Box 55160 Riverside, CA 92517 www.Riversidebicycleclub.com

Join us for the **CLUB MEETING**

on the third Wednesday of each
month at 7:00 p.m. at the



6951 Flight Rd. Riverside.

Come early, have a great meal

DEADLINE to submit for this newsletter is the 22nd of the month
send to; fodofixer@msn.com

NEW START LOCATION

INSIDE THIS ISSUE:

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Sunday Morning Rides Start Location has changed! 11th & Main next to the Judicial Plaza Sign.

The new start location is only two short blocks south of City Hall where we had been meeting for the past several years. It will be much quieter because the city does not have music speakers at 11th street. Also, there is much more parking and it will be more convenient if you arrive a little late. You can still hear the morning announcements while you get your bike and yourself ready.

OK, see you all at 11th & Main!



A note from the President,

At last night's club meetings we had an opportunity to see some beautiful new bikes from Bianchi, a video presentation from Ride Yourself Fit and hear about the upcoming Plain Wrap Ride which Bianchi and Ride Yourself Fit are sponsoring. We were told that the Riverside Bicycle Club represented the largest group of riders in last year's Plain Wrap Ride, and as you know part of the registration fee goes to help local cycling organizations. It is an inexpensive way to have fun with your friends on bikes AND support our community! Also, don't forget to register for the Plain Wrap Ride coming up on April 21, 2018.

John Hawksley

Corey McCroskey, the SoCal rep. from Bianchi Bikes, was our guest speakers at the club meeting as well as Doctor Stephen Wilson, Founder of Ride Yourself Fit, and Greg Armstrong. All were speaking about the Plain Wrap Ride. April 21st will be the seventh running of this fun ride.



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 RBC morning ride Hoppy Easter 	2	3 RBC evening ride	4	5 RBC evening ride	6	7 RBC morning ride
8 RBC morning ride	9	10 RBC evening ride	11	12 RBC evening ride	13	14 RBC morning ride & Beginner's ride
15 RBC morning ride	16	17 RBC evening ride	18 CLUB MEETING	19 RBC evening ride	20	21 RBC morning ride
22 RBC morning ride	23	24 RBC evening ride	25	26 RBC evening ride	27	28 RBC morning ride
29 RBC morning ride	30					

START TIMES:

8:00 a.m. Weekend rides **Oct.-April.**

7:30 a.m. Weekend rides **May-Sept.**

6:30 p.m. Tuesday & Thursday evening rides.

7:00 p.m. Club Meeting, 3rd Wednesday each month.

Saturday mornings from Canyon Crest Town Centre.

Sunday mornings from Downtown, see page 2 for more info.

RBC CLUB MEETING at D&D Airport Café, 6951 Flight Rd., Riverside, (951) 688-3337. Come early, get something to eat.

Gather near the back windows. Non members are gladly welcome to our meetings!

Check out Team Dirty Work on Facebook for their current schedule.

UPCOMING EVENTS

April 14, RBC's BEGINNER'S RIDE. 10AM, starts at Bonaminio Park on Palm Av near Mt. Rubidoux West parking lot. Learn to ride safely in a group.

April 18, CLUB MEETING 7:00pm see page 1,

Apr 21, HEMET DOUBLE CENTURY

Apr 21, PLAIN WRAP RIDE

Apr 28, BREATHLESS AGONY

Apr 29, FINISH THE RIDE GRIFFIN PARK

May 2-6, REDLANDS CLASSIC, volunteers needed.

May 5, ROSARITA ENSENADA

May 12, TOUR OF LONG BEACH

May 19, SAN DIEGO CENTURY

May 13, Mothers Day Ride (Ladies Ride)

May 16, Ride of Silence-- (RBC Club Meeting)

May 21, TOUR De OC

May 25th - 28th, GREAT WESTERN, Paso Robles Cycling Festival

LA RIVER RIDE--?? RBC (Jun 4th last year)

June 20, BIKE SWAP MEET at Club Meeting

Queen Mary Ride -- RBC (Jul 15th last year)

Aug 5, TOUR DE BIG BEAR

Sep 8, AMTRAK CENTURY

Sep 8, MAMMOTH GRAN FONDO

Sep or Oct, RBC SMOG TO SURF

CITRUS CLASSIC--??

Nov 11th, RBC Veterans Day

Nov 10, TOUR DE FOOTHILLS

Nov (After Thanksgiving--24th?), RBC Turkey Burn

Dec 19th, RBC Christmas Dinner Party, 6pm



C for “Crazy”

Crazy Ride in the Rain

From Riverside to Yorba Linda, Seal Beach, San Gabriel River Trail, Pasadena and back to Riverside.

It was a great fun ride with an awesome group of determined RBC riders on Saturday 03/10/2018

Pic 1, at the beach. **Pic 2**, you’d think the rain would wash all that mud off. But as you can see by the brown strip on their yellow jackets it did not. **Bottom row** of pix, warming up and refueling.

from **Damon Mathew Jones, FB. Congrats;** Quang Doan, Trang Pham, Rico, Juan Montes, Ali Ismailjee, Joey Marroquin, Brian Hill, Everado, Mary Hight-Diaz, Ed Wheatley, & Ruben Becerra on a hell of a ride!



[Eva Yakutis](#) **Tuesday morning group ride.**

I am a new member and interested in buddies to ride the SART. Tuesday morning leisurely ride group (12-13mph) leaving Bonaminio Park at 10:00-10:15. All are welcome!

Here are some pix from our first few rides!

Wonderful ride with new RBC friends north on the SART, water in the river and enough "rain" to feel righteous about being out in it! Thanks Alison Colbert Roell, Brian Hjelmervik, April Glatzel, and John Dinger. See you next Tuesday AND anyone else that wants to join us at 10 am at Bonaminio trailhead. The more the merrier! Stay tuned..



Also Coming Soon, Eva will write articles for us.

Michael Hampton wrote FB. 3/11/18
When Michele told me to come on the
Sunday rides she said

"it's usually a flat ride."

Somehow, I didn't think this is what she meant. My 4th flat today... now I'm at Weinersnitzel gettin some chilli-cheese fries to feel better.



Mary Baligad, FB. Feb. 23.

So nice to see this being promoted on the road today.

How Exercise Can Keep Aging Muscles and Immune Systems

'Young'

Phys Ed

By GRETCHEN REYNOLDS MARCH 14, 2018



Remaining physically active as we grow older could help to keep our muscles and immune systems robust, according to two inspiring new studies of older recreational cyclists.

Together, the experiments add to growing evidence that some of our assumptions about aging may be outdated and we might have more control over the process than we think.

Aging often seems inexorable and unvarying, and, in chronological terms, it is. The years mount at the same pace for each of us.

But our bodies' responses to the passage of time can differ. While most people become frail, a few remain spry.

These differences recently prompted a group of British scientists to wonder whether our beliefs about what is normal and inevitable with physical aging might be limited or incorrect, and in particular, whether we might be ignoring the role of exercise.

Exercise among middle-aged and older adults in the Western world is rare. By most estimates, only about 10 percent of people past the age of 65 work out regularly.

So, our expectations about what is normal during aging are based on how growing older affects sedentary people.

But the British scientists, many of them recreational athletes, suspected that exercise might have an impact on the trajectory of physical aging and, if so, alter our beliefs about what "normal" aging means.

To test that possibility, they decided to

seek out a group of older men and women who had remained physically active as they aged and found them among local recreational cyclists. The dozens of male and female riders they eventually recruited were between the ages of 55 and 79, had been cycling for decades, and still pedaled about 400 miles per month. None were competitive athletes.

For their inaugural study of the riders, which was published in 2014, the scientists measured a broad range of the cyclists' physical and cognitive abilities and compared them to those of sedentary older people and much younger men and women. The cyclists proved to have reflexes, memories, balance and metabolic profiles that more closely resembled those of 30-year-olds than of the sedentary older group.

That analysis had left many questions about exercise and physical activity unanswered, however. So for the two new studies, which were both published in *Aging Cell* this month, the researchers decided to refocus their inquiries and look closely at muscles and T cells, a key infection-fighting component of our immune system.

In most people, muscle health and immune response worsen after we arrive at middle age, with the effects accelerating decade by decade. But there had been hints in the first study's data that the cyclists might be unusual in these regards.

So for one of the new studies, the researchers turned to muscle tissue that already had been biopsied from the legs of 90 of the riders. They wanted to compare various markers of muscle health and function across the riders' age span. If the muscles of riders in their 70s resembled those of riders in their 50s, the scientists reasoned, then their physical activity most likely had altered and slowed the supposedly "normal" arc of muscular decline.

At the same time, other scientists delved into the riders' immune systems, drawing blood from them, as well as from a group of sedentary older people and another of healthy young adults.

The two sets of scientists then dove into their data and both concluded that older cyclists are not like most of the rest of us. They are healthier. They are, biologically, younger.

Their muscles generally retained their size, fiber composition and other markers of good health across the decades, with those riders who covered the most mileage each month displaying the healthiest muscles, whatever their age.

The impacts on riders' immune system also were marked. In the older sedentary people, the output of new T cells from the thymus glands was low. The inactive older peoples' thymus glands also were atrophied, compared to those of the younger group.

The aging cyclists, on the other hand, had almost as many new T cells in their blood as did the young people. Those who exercised also showed high levels of other immune cells that help to prevent autoimmune reactions and of a hormone that protects the thymus against shrinkage.

The researchers theorize that the results of the two studies are interrelated. Muscles are one of the sources of the hormone that protects the thymus.

"So more muscle means more of that hormone," says Janet Lord, the director of the Institute of Inflammation and Aging at the University of Birmingham, who was a co-author of both studies.

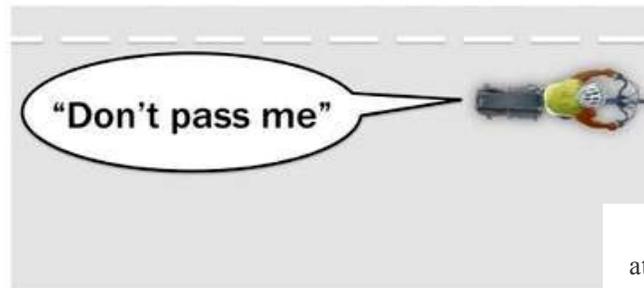
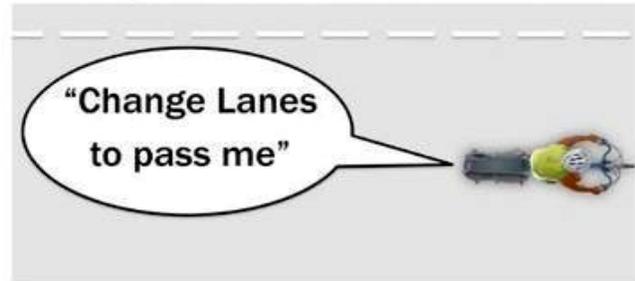
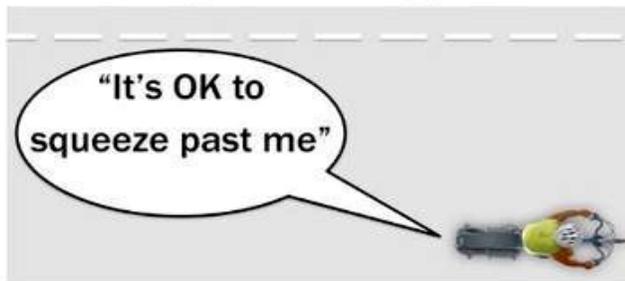
The older cyclists' immune systems were not impervious to aging, of course. Many of their existing T cells showed signs of senescence, which means that they had grown feeble and were unlikely to fight infections well anymore.

The results also are limited to recreational British cyclists. They cannot tell us if other types and amounts of physical activity would necessarily have the same effects or whether someone could begin exercising at, say, age 60 and expect to benefit to the same extent as someone who has exercised lifelong.

But even with those caveats, Dr. Lord says, "the message of these studies is that much of what we previously thought of as inevitable in aging is in fact preventable."

The Spoken Word newsletter Editor's note; Thank you Arnold Rowe for suggesting this inspiring article. Let's keep on riding through our 90's

Lane Position is the Most Important and Most (Constantly) Used Form of Cyclist Communication



From THE SAVVY CYCLIST
at cyclingsavvy=abea.bike@ckmail4.com

60-year old bike rider dies one day after Imperial Beach crash

bikinginla.com

March 1, 2018

Sad news from the San Diego area, where a woman has died following a left-cross collision in Imperial Beach.

According [to the Times of San Diego](#), 60-year old Kathleen Ann Cua was pronounced brain dead a day after she was hit by a left-turning driver.

And yes, she was wearing a helmet.

The crash occurred around 5:15 Saturday evening at the intersection of [Palm Ave and 4th Street](#) in Imperial Beach.

The [Union-Tribune reports](#) she was one of three people [riding east in the bike lane on Palm](#), when she was struck by the driver of a car, crashing into the windshield. She was taken to UCSD Medical Center in Hillcrest, where she died.

The driver remained at the scene, and police do not suspect he was under the influence.

However, he told investigators that he did not see Cua until she hit his windshield — which should be seen as a confession, rather than an excuse.

He also told the *U-T* he didn't think Cua saw him before the impact, an odd statement considering his claim that didn't even know she was there.

Evidently, he was somehow able to read her mind at the moment of impact. Or maybe he just saw a look of surprise as he slammed into her.

This is the eighth bicycling fatality in Southern California this year, and the second in San Diego County.

My deepest sympathy and prayers for Kathleen Ann Cua and all her loved ones.

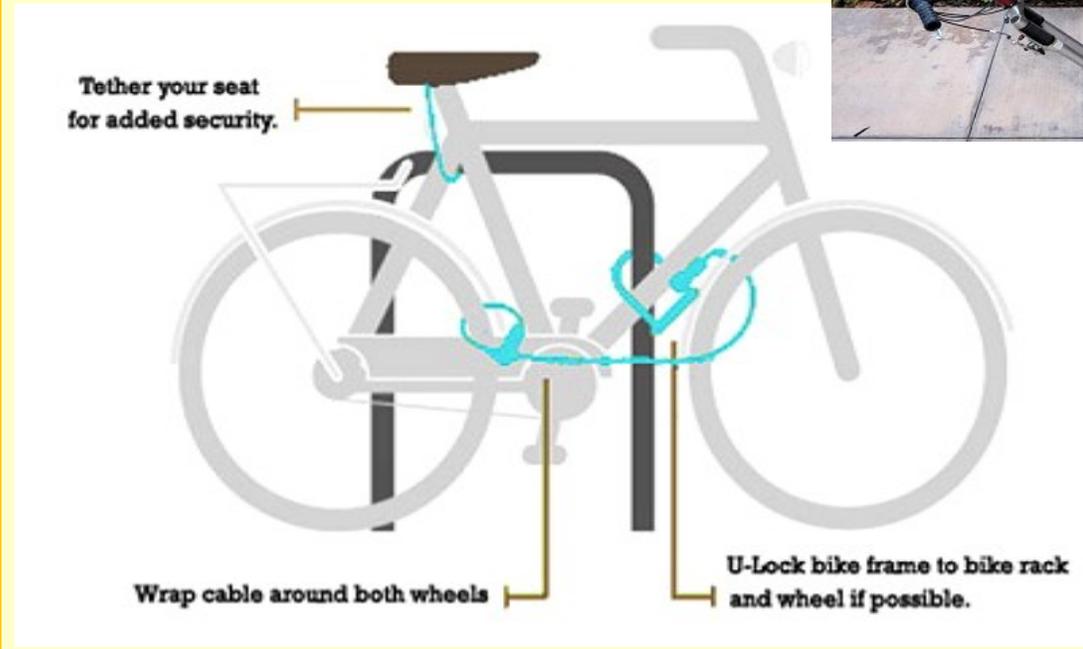
Thanks to Jeff Kucharski for the heads-up.

Flehnerz replied; 3/1/18

Reading those articles is infuriating because they keep quoting the motorist as claiming the bicyclist didn't see him. Why does that matter? The cyclists had the right of way and the left turning motorist had an obligation to yield to all oncoming traffic which to the surprise of typical "journalists" include bicyclists. Same with the helmet nonsense. It doesn't matter whether the bicyclists were wearing helmets or not. Helmets won't magically prevent the events that led to the crash. I also really want to know, was the bicyclist hit the first in the group or the last? In other words did the motorist see and yield to two of them but missed the third or did he not see any of them and only one bicyclist was hit and the other two were able to dodge the crash? These are important things so called journalists should be looking into when they write these articles.

The motorist probably had the sun in his eyes as he was traveling westbound at a time when the angle of the sun is low in the sky. It's not excuse for not using a state-of-the-art sun visor, or ensuring one's windshield is clean and glare free though .

A local bike commuter had his **wheels stolen** from where he "parked" his bike ... in front of City Hall ! Note to all our neighborhood bicycle enthusiasts take extra care to lock up your bikes securely when "parking" them in the Downtown area.... and please watch out for and report any suspicious activity around the neighborhood via the City 3-1-1 or [Riverside Police Department](#) apps or call the RPD non-emergency number 951.354.2007



There are secure bike lockers for rent in several locations downtown.

<https://riversideca.gov/publicworks/traffic/bicycleprogram/Bike-lockers.asp>

SART Homeless Encampments

www.ocregister.com

More than 700 people were living in the encampments when they were dismantled in late February. Thousands of pounds of human waste and nearly 14,000 hypodermic needles cleaned out from Santa Ana River homeless encampments. Most of those people are being housed temporarily in local motels while county

outreach workers assess their need for services and housing. The bike trail cleanup is the beginning of an environmental remediation effort that was expected to include the removal of 2 to 3 inches of soil in the project area and tree trimming. Planned improvements on the bike trail from Katella to Ball Road/ Taft Avenue also could include sealing cracks and applying a slurry seal, Widor said.



Cyclist Hospitalized after being Attacked by Machete

[Mike Lange to Procinto Reporting Venue RIVERSIDE](#) (LoudLabs News) -

On Monday night March 19, 2018 the Riverside Police Department along with the City of Riverside Fire Department and AMR responded to reports of a victim who had been attacked with a machete. The incident was reported at 8:30pm on California Ave. at Euclid Ct. According Officer Ryan Railsback with the Riverside Police Department, a male victim was riding a bike on California Ave. when he was attacked with some sort of machete or pipe, causing a severe injury. Officers did locate and detained possible suspects not far from the scene. The victim was transported by ground ambulance to an area hospital in

unknown condition. California Ave. was closed in both directions at Euclid Ct. while Police conducted their investigation. No further information was immediately available. (23 Photos Courtesy LoudLabs News)



General Information for Group Road-Rides

- Non-members are welcome on all rides.
- Helmets are mandatory.
- Lights are required on all night rides.
- Riders are expected to bring the essentials. *See list bottom right.*
- "Pace average" refers to the average on your computer at the end of a ride. If we say an average of 13 – 15 mph, you will be riding over 15 and under 13 at times, but the average at the end will be 13 – 15.
- All speed listed below are guidelines.

A Group – Ride lengths will be 45-60 miles with the pace averaging over 18 mph. Moderate to difficult terrain. Focus on performance, pace lining, climbing and endurance. Group riding experience, general mechanical skills expected.

B Group – Ride lengths will be 35-45 miles with the pace averaging 15-18 mph. Moderate to difficult terrain. Focus on performance development, pace lining and climbing. Group riding experience, general mechanical skills expected.

C Group – Ride lengths will be 25-40 miles with the pace averaging 13-15 mph. Mixture of flat/rolling hills with some moderate climbing. Riders should have group riding experience, basic bike handling and mechanical skill.

D Group – Ride lengths will be 20-35 miles with the pace averaging 11-13 mph. Mixture of flat/rolling hills with some moderate climbing. Regroup as necessary.

E Group – Ride lengths will be 15-25 miles in length. The pace will be according to the riding abilities of those riding that day. Some riding skills and comfort with road traffic involved. New riders always welcome and a good place to start. Assistance and instruction will be provided in basic skills of fixing flats, bike handling, and group riding. Regroups often.

Be prepared to start on time and have an enjoyable ride. Then stick around to enjoy a soda or snack and good company after the ride.

Contact:

Road Ride Chair: Bob Dunning,
951-318-3946
chiefdun@hotmail.com

Team Dirty Work: Rhett (Doc) Nelson
(909) 229-6576,
rhett.nelson@icloud.com



Weekend road rides start;
8:00 Winter and 7:30 Summer.
*Please check the Ride Calendar page 3,
or website for exact dates & times*

Sunday is the best day to come ride the streets with us. We have 5 levels for you to choose; from fast-and-furious to cruising for coffee. Look for the cyclists on the Pedestrian Mall at 9th & Main. Park on University Av or at the old court house downtown Riverside.

Saturday rides leave from Canyon Crest Towne Center. Meet behind Starbucks by the East Coast Bagel shop.

- ◆ **Fast group A/B/C;** 16-18 mph to Redlands.
 - ◆ **Casual group D/E;** 11-15 mph varied per routes.
- Beginner's Ride:** see page 3 under calendar for full details.

Tuesday & Thursday evening rides meet at Baker's Burgers at 3522 Adam's Plaza, Adams Exit off 91 Frw. starts 6:30PM Winter, and Summer This ride usually has 3 groups.

- ◆ **Fast, A/B Group;** 25+ miles, 16 & up mph
- ◆ **Medium, C Group;** 20ish miles, 15ish mph.
- ◆ **Casual, D/E Group;** 15ish miles, 11ish mph

Night rides will vary throughout the year depending on amount of daylight, number of riders and skill level.



TEAM DIRTY WORK is the mountain bike side of the Riverside Bicycle Club. All mountain bikers are welcome. Generally, almost all reasonably fit people can enjoy riding with Team Dirty Work. We offer a variety of rides each week. This is a great way to get involved in a mountain biking group. We enjoy having new riders join us.

Most of our rides start in the Canyon Crest Towne Center Parking lot in front of Rite Aid near Bank of America (corner of Central and Canyon Crest Drive). These rides are approximately 2 hours long through the Sycamore Canyon area. Some weekends, bicycles are transported to other locations to ride. Please call R.C. Morton at 909-784-0459 for any last minute updates. Or visit <https://www.facebook.com/groups/teamdirtywork/>

Our mountain bike group rides are held each **Saturday & Sunday** morning. These rides are for experienced beginners and intermediates to advanced dirt riders. Evening rides are held on **Tuesday and Thursday** starting at 6:00 pm. and are designed for the more advanced dirt junkie.

Lights are required for ALL night rides!

ESSENTIALS for riding with RBC

- ◆ **CYCLING HELMETS ARE REQUIRED ON EVERY RIDE!**
- ◆ **CELL PHONE**
- ◆ **2 WATER BOTTLES OR HYDRATION PACK** and/or energy drink
- ◆ **FLAT FIXERS** (spare tubes, patch kit, tire irons and a pump or CO2)
- ◆ **RIDE FOOD** (energy bars, energy gel or snacks and some cash)
- ◆ **ID CARD AND EMERGENCY INFORMATION CARD**
- ◆ **YOU AND YOUR BIKE** (both in safe working condition)

Bicycle Shop Discounts

One of the advantages of being a member of the Riverside Bicycle Club is the courtesy discount on parts and accessories offered at participating local area bike shops. Please show your RBC membership card when you ask for the discount.

The following is a list of participating bike shops:

AJ's Bicycles, (951) 674-6161
31861 Mission Trail, Lake Elsinore, CA
www.ajsbikes.com

Citrus Cyclery, (951) 444-7353
9022 Pulsar Court, Corona, CA 92883
www.citruscyclery.com

Cyclery U.S.A., Inc. www.cycleryusa.com
10000 Magnolia, Riverside, (951) 354-8444
415 A Tennessee, Redlands, (909) 792-2444
7890 Haven Ave. Suite 9, Rancho Cuca, (909) 466-5444

Cyco-Path, (951) 695-4823
29760 Rancho California Rd., #107, Temecula, CA 92591
<http://cycopath.com/index.cfm>

Don's Bikes of Rialto, www.donsbikeshop.com
384 S. Riverside Av, Rialto, (909) 875-7310
700 E. Redlands Blvd. #B1, Redlands, 909-792-3399

Neighborhood Cyclery, (951) 485-0910
24318 Hemlock Ave, Suite A3, Moreno Valley, 92557
www.neighborhoodcyclery.com

Pedals Bike Shop, (951) 683-5343
3765 Jurupa Ave. # L. Riverside, CA 92506
www.pedalsbikeshop.com

White's Bikes, (951) 242-4469
23750 Alessandro Blvd. Moreno Valley
<http://www.whitesbicycles.com>

Woodcrest Bicycle Center, (951) 780-4988
16960 Van Buren Blvd. Riverside, CA

Yucaipa Bike Center, (909) 790-1551
34844 Yucaipa Blvd. Yucaipa, CA
<http://www.yucaipabikecenter.com>

FRIENDS of RBC
Inland Empire Biking Alliance
<http://iebikingalliance.org/>



Riverside Bicycle Club Affiliations
IMBA International Mountain Bike Association
LAB League of America Bicyclists
Riverside County Trails Commission,
USACYCLING United States Cycling Federation.

2018 Board

President; John Hawksley
(909) 653-BIKE hawksley55@gmail.com

Vice President; Lisa Reece
(909) 747-4833 lreece70@msn.com

Secretary; Robert Pincus
(909) 633-9969 rpincus0@gmail.com

Treasurer; Andrea Evans
(909) 645-4480 Tennisxone@hotmail.com

Road Ride Chair; Bob Dunning,
951-318-3946 chiefdun@hotmail.com

Mountain Bike Chair; Rhett (Doc) Nelson
(909) 229-6576 rhett.nelson@icloud.com

Public Relations; Eric Lewis
(951) 902-9019 eric_denise@yahoo.com

Membership; Stirling Yearian
(951) 287-8235 rexgaloure@msn.com

Communications; Vicki Yearian
(951) 943-1747 fodofixer@msn.com

Weekend, A Ride Leader. Michele Hampton
Weekend, B Ride Leader: John Reece
Weekend, C Ride Leader: Robert Younkin
Weekend, D Ride Leader: John Hawksley
Weekend, E Ride Leader: OPEN
T/Th evening A/B group; Andrew Holybee
T/Th evening C group: Wilson K.
T/Th evening D/E group: OPEN
Saturday morning Fast A/B/C group: OPEN
Saturday morning Casual D/E group: Bob Dunning
THANK YOU RIDE LEADERS!

Webmasters;: Stirling & Vicki Yearian , fodofixer@msn.com
TDW Webmaster: Malcolm Bader, Mbader@slauson.com,
Newsletter Editor: Vicki Yearian, Fodofixer@msn.com
Newsletter submittals deadline, by the 20th of the month.

Riverside County; Mark Brewer, Park Planner, (951) 955-4316, Dan Nove, Asst Park Planner, (951) 955-6998
Riverside City; Jenna Combs, Public Utilities Rep, (951) 826-5847, General Info or issues, (951) 826-5311 or 311 app
San Bernardino County, Regional Parks Dept. Paul Krause, (909) 387-2346, (909) 384-2052 fax



Membership Application

P.O. Box 55160, Riverside, CA 92517-0160
www.riversidebicycleclub.com



Membership in the Riverside Bicycle Club, Inc. is open to everyone. It is a fun way to meet others who share the enjoyment of cycling. Whether you are a seasoned racer, mountain biker or recreational rider, you will find others in the club that can help you achieve your goals to ride safer, faster, further, and smarter. We have multiple rides at different paces and terrain, off road rides, monthly membership meetings, and other social events throughout the year. Your RBC membership includes the monthly newsletter, The Spoke'n Word, and discounts at local bike shops. All memberships are for one year and are renewable on the anniversary date. Your membership fee helps to underwrite the expense of club insurance and registration, administrative expense (copying & postage for the newsletter and lots of other fun events throughout the year. So we thank you for your generous support of our club.

(Please print clearly)

Name _____

Address _____

City _____ State _____ Zip _____

Email _____ Birth date ____/____/____

Your Phone (____)____-____ I.C.E. phone (____)____-____
Incase of emergency

For Family Memberships, please list all names and birth dates of participants below; (up to 6)

Name _____ (dob) _____

Name _____ (dob) _____

Name _____ (dob) _____

Please check all that apply;

- Yes, it's OK to share this info with the Club.
- No, do not share my info.
- Yes, I am interested in being a ride leader.

What are your biking interests?

- Road riding
- Mountain biking
- Touring
- Tandem
- Racing
- Single speed
- Velodrome
- Collecting
- Restoring
- Social riding

How did you hear about us?

- Bike shop
- Web
- Friend
- Other _____

HELMETS ARE REQUIRED ON ALL RIDES

RELEASE: With full knowledge and appreciation that bicycle riding may be a hazardous activity, I/we hereby release and hold harmless the Riverside Bicycle Club, Inc. Including prior to, during or after such activity. This release covers myself and all parties named herein, and all heirs, executors or administrators thereto, and is given in full awareness of its content and in consideration of acceptance of my/our membership. I/we also attest that I/we are physically fit and acknowledge that the Riverside Bicycle Club, Inc. recommends the wearing of an ANSI or Snell approved bicycle helmet when riding a bicycle during any club activity. I give my permission to Riverside Bicycle Club and outside media agents (newspapers, television, etc.) to take photographs, video, and otherwise document me in the activities of this club. I give permission for any photographs or video material to be used in publicity about the club and organization in or on website, promotional materials, newspaper/magazine articles, etc.

(Signature) (Date) (Spouse / other adult family member or legal guardian if under 18) (Date)

DUES:

Individual.....\$30
Family.....\$40
Booster.....\$50

("Booster" is an extra donation to support the club and you will receive a notation on your membership card.)

The following options allow you to save \$5 but you must acquire the newsletter via the web.

Individual SAVER\$25
Family SAVER\$35

TOTAL ENCLOSED \$ _____

Make Check Payable to;
Riverside Bicycle Club
and mail to;

RBC Membership
P.O. Box 55160
Riverside, Ca. 92517-0160

Check answers;

- I'm a NEW member.
- I'm renewing.
- My info has changed.
- My info has not changed.

<u>OFFICE USE ONLY</u>	
CK # _____	ck date _____
Date received _____	
Card(s) issued _____	excel _____

THE SPOKE'N WORD



Riverside Bicycle Club, Inc.
P.O. Box 55160
Riverside, Ca 92517-0160

v 172, April 2018

RIVERSIDE BICYCLE CLUB www.Riversidebicycleclub.com

The Riverside Bicycle Club is for all bicyclists; commuters, off-road riders, recreational riders, tourists or just plain cyclists who ride a bicycle for fun, health, or competition, and anyone who interacts with them.

Our purpose is to provide companionship, bicycle education and training, and a bit of bicycle advocacy. To do this we will:

- Provide companionship by having monthly meetings for people with a love for bicycling who want to meet people with the same interests, to share ideas, to talk about ride routes and to discuss bicycling.
- Encourage participation of people who are interested in starting to ride a bicycle.
- Have educational programs to assure that bicyclists can enjoy their riding experience to the fullest.
- Publish a monthly newsletter (12 issues/year) to inform members of club activities, rides, and general bicycling information.
- Provide weekly rides of different levels, so that everyone can share the bicycling experience
- Advocate with local, regional, state and government agencies as to the needs of bicyclists, to encourage services for the bicycling community, and for inclusion of bicycling needs in infrastructure design and development of roads that can be shared by both motor vehicles and bikes.

Recycle this newsletter!

Leave it at your barber/beauty shop, the doctor's or dentist's office, wherever you think another cyclist will read it and discover the *Riverside Bicycle Club*. Photocopy it and pass it around.

The *Spoke'n Word* is the official publication of *The Riverside Bicycle Club, Inc.* **DEADLINE TO SUBMIT** for the newsletter is 22nd of the month. The oldest continuous bicycle club west of the Mississippi. RBC was founded in 1891.

The *Spoke'n Word*, the voice of and for the cyclists of Riverside and surrounding communities, is published monthly and is mailed to all current club members.

Please send articles, comments, letters to:

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Contributions are always welcome. Bicycle graphics, clipart, cartoons, and serious stuff are the things that make *The Spoke'n Word* special.

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